

Suggested List of items for packing

Packed lunch for the first day (in a plastic bag).

Please make sure all wrappings etc are disposable.

Clothing	Other
Underwear (enough so that there are spares)	Wash bag: toothbrush, toothpaste etc.
Thick socks (Spares as above)	Brush
3 x leggings/ tracksuit bottoms (not jeans as these restrict movement)	Hairbands
3 x Long sleeved T-shirts (Must be long sleeved to do climbing activities)	Small towel
2 x Sweatshirt	Travel sickness pills or bands *
Pyjamas	Medication *
Trainers	Plastic bags for dirty clothes/trainers
Spare shoes	School will take a tablet on which pictures will be taken.
Hat/scarf/gloves	Reusable Water bottle
Thermals	Torch
Warm coat	
Slippers or thick socks to wear around the cabin	

Please note: NO sweets, biscuits, extra food etc. to be packed. We have children with allergies and this could prove dangerous.

Medication: These must be clearly labelled with your child's name and given to the group leaders on the morning of departure.